

The valuable extra time "off duty" given on Sundays in all large hospitals is not always used to good advantage, frequently being spent in "outings" from which the nurse returns jaded in mind and body, unfitted for the coming day's work, and deriving no spiritual benefit from the beautiful, God-given day of rest, with its golden opportunities of mental and physical rest and refreshment.

What stress is laid upon the necessity of regular hours of sleep, and regularity at meals, to sustain the body! But who says to the young nurse, just beginning her training, to be faithful in her church attendance when opportunity offers, to be like Daniel in the King's Court—"to cease not daily to make his oblations unto God" and to "remember the Sabbath Day to keep it holy."

Too often the plea of "no time" or "too tired" is advanced as excuses. But who so tired, or busy, they could not attend ball or theatre should opportunity be given? Both are very commendable and refreshing for the light-hearted girl who is working hard, but not to the exclusion of the more serious duties, for who has to give of her cheerfulness, her courage, her mental support, together with physical efforts like the nurse? Therefore, who requires more renewing in all these lines?

While we all appreciate the necessity of a methodical, business-like nurse, yet there is a danger of her becoming too much so, to the repression of the gentle traits that are so essential in a womanly nurse.

And, after all, whose heart so sympathetic, whose feet more willing, or whose hands more gentle than she who sees in all humanity that Master who said to the faithful servant, "I was in prison and ye came unto me, naked and ye clothed me, sick and ye ministered unto me."

H. H.

AN OPINION OF THE EMMANUAL MOVEMENT

DEAR EDITOR: At a convention of the Episcopal Church held in Boston in May, there was much discussion of Dr. Worcester's work at Emmanuel Church. One minister opposed its practice on the ground that "the Church, by trying to do work which it is not fitted to do, loses its power to do the work it is fitted and intended to do," and closed his argument with the following hearty tribute:

"The Emmanuel Movement has taught, as nothing else ever has, the necessity of a doctor's being a consecrated and religious man. I venture to predict that almost within ten years' time every doctor or nurse, who is not clearly a very religious person, will be discredited, no matter what the professional or technical skill."

R. B. S.

THE FOOD PROBLEM IN THE COUNTRY

DEAR EDITOR: As a reader of the JOURNAL, I was much interested in the article in the June issue entitled "The Cookin' Lady."

Although I have done but a small amount of private work, most of it has been done among the farmers of this locality, where I have often been for twenty-four hours, or to assist at an operation. I have found that their food, as a rule, is neither palatable nor nutritious. My statement will perhaps hardly be credited when I say that their food supply consists of round steak, fried to a crisp, and boiled tea. They have, to be sure, the food material, but it is not wisely or intelligently used. I have been on farms where they had

a large herd of dairy cows and only a small amount of skim milk was kept for the family use, the remainder being sold to the creamery. Eggs are fried or boiled hard. To fry them, about an inch of lard is put in the frying pan, in which the eggs are literally poached. Bacon and salt pork are the chief articles in the meat line, with an occasional chicken which is too tough to sell. When I have asked for milk for myself instead of the boiled tea I was considered mentally irresponsible.

The farmers have good vegetables right at their door, but the majority of them boil string beans with bacon or salt pork, and persist in wilting lettuce, a truly diabolical method of preparing the crisp green leaves, by frying with bacon and pouring vinegar on the whole.

I believe that nurses living in the centre of a farming community have as much to do with teaching people food values as our sisters in large cities. Our tubercular rate is high, also anæmia and other diseases resulting from in-nutrition.

M. B. N.